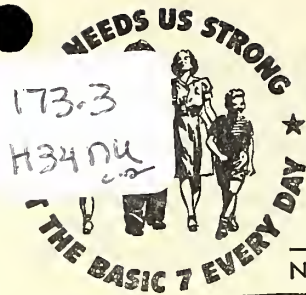


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NUTRITION

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NUTRITION STUDIES IN THE U. S. PUBLIC HEALTH SERVICE

The Nutrition Section of the U. S. Public Health Service is continuing nutrition investigations and demonstrations in cooperation with State departments of health. Field units are now located in Baltimore, Md., Brattleboro, Vt., Grand Haven, Mich., and Macon, Ga. The Nutrition Section is cooperating also with the U. S. Department of Agriculture in studies of nutritional status in selected areas of the United States. (See Nov.>NNL.)

These nutrition investigations have included families, school children, and institutional and industrial groups in the areas where the nutrition units are located. The nutritional appraisal includes a physical examination for clinical signs of nutritional deficiency, laboratory tests, and a dietary record. The examination is not restricted to nutritional assessment. Patients with physical disabilities requiring additional medical consultation are referred through local health departments to family physicians.

The Nutrition Section has placed emphasis on its educational program for preparation of professional personnel in nutritional appraisal and public health programs. Food-value tables have been prepared for calculation of diet records taken in terms of household measures. Kodachrome slides depicting clinical signs of nutritional deficiency disease have been placed in the U. S. Public Health Service district offices for loan to professional groups.

The Service has assigned Dr. Elton S. Osborne, Jr., of the Nutrition Section to the mission to Greece. He will assist the mission in determining nutritional status by making surveys and in deciding on the amounts and kinds of food to be imported, and assist the Greek Government in establishing an Institute of Nutrition in the Ministry of Health.

FARMERS HOME ADMINISTRATION HAS LIMITED NUTRITION PROGRAM

The nutrition services offered by the FHA, which were described in the January 1947>NNL, have been limited by the discontinuance of county home management supervisors who worked directly with individual borrower families in their homes on such problems as food conservation, nutrition, health, and family-living budgets. However, 60 home economists have been retained in 26 of the State offices, which serve 29 States. The number ranges from one State home management supervisor in each of 11 State offices, where the caseload is smaller, to 4 or 5 in a few of the larger caseload States in the South.

These State home economists visit the county offices and advise with local supervisors on the major family-living problems of borrowers, such as home food supply and health measures. With this guidance, the supervisor who works with individual families can develop farm and home plans which provide for the production and conservation of an adequate food supply to meet the family's needs. Generally the inadequate diets of low-income families are thus improved. The State home economists also assist in developing and carrying out the program of the FHA in the State, and advise with the State director concerning important family-living problems.

A HOT LUNCH TOUR

Carroll County, a small rural county in Indiana, improved its school lunch program by a "Hot Lunch Tour," Public Health Nurse Esther C. Gregg reports. A committee composed of the attendance officer, the home demonstration agent, and the public health nurse planned the tour at the suggestion of the Superintendent of Schools, J. C. Yumber, because the members felt that interested persons from each school in the county would find it helpful if they could visit the lunchrooms of other schools and glean new ideas about equipment, menus, and ways of serving.

The 12 schools in the county serving hot lunches were divided into three groups. The tour visited four schools a day, taking 1 day a week for 3 weeks. Each member of the committee was responsible for the tour for 1 day. When the tour arrived at a particular school, it was met by a person thoroughly familiar with that school's lunch program who could describe it and answer questions. To stimulate thinking, questions were prepared in advance and distributed. These questions concerned purchase of equipment, teaching children to like all foods, increasing use of pasteurized milk, teaching table manners, organizing mothers to assist the paid cook, comparative cost of hot and cold lunches, saving grace, and cooperation of organizations in a community.

Each day the group observed lunch being served in one of the schools and, on invitation, ate the same lunch in the same manner and at the same price as the pupils.

As a result of this tour, four schools which were not serving lunches are now well on their way with plans for hot lunches and two are actually serving them. The schools already serving gained many helpful ideas for improving their programs.

FAT SALVAGE NEED CONTINUES

World supplies of fats and oils are still far short of the need, and many countries look to the United States for large amounts. Conservation is essential, and it is important that housewives get word of the continuing need for used kitchen fats.

In recent weeks the U. S. Department of Agriculture has reiterated its support of this cooperative program—a program conducted by industry through the American Fat Salvage Committee with the approval and support of U. S. D. A. Any complaints about unsatisfactory collection service should be forwarded to State and county PMA committees.

VOLUNTARY FOOD CONSERVATION PROGRAM

You are probably all familiar with the present set-up of the food conservation program. The Cabinet Food Committee, consisting of Secretaries Anderson, Marshall, and Harriman, has taken over the reins of the program. The new Voluntary Food Conservation Program is directed by James A. Stillwell, assisted by Assistant Secretary of Agriculture Charles A. Brannan and Special Assistant to the Secretary of Commerce George Bijur. The

Citizens Food Advisory Committee, under the chairmanship of Charles A. Luckman, continues to cooperate and advise with the Cabinet Food Committee. The State and local committees developed by the Citizens Food Committee have been asked to intensify their efforts to focus community attention on the objective of the new program.

A major aim of the program is to help roll back the spiralling wave of inflation by fighting high food prices, as well as to conserve foods for shipment abroad.

Responsibility for preparing Peace Plate menus, previously released by the Citizens Food Committee, is now being carried by the Bureau of Human Nutrition and Home Economics.

NEWS FROM STATES

NORTH CAROLINA.—The State Nutrition Committee was designated by Governor Cherry as the organization in North Carolina to carry out the State program of food conservation. In a progress report addressed to the Governor, dated November 18, Chairman Bertlyn Bosley listed the following general recommendations developed by the Committee:

1. Conserve grain by protecting supplies from rodents, insects, and other destructive forces, and by encouraging people to use more plentiful foods in place of grain.
2. Increase the production of grain through planting more acres and improving the yield per acre with fertilizer.
3. Avoid waste of all food, whether resulting from plate waste, poor preparation, improper handling during marketing and distribution, inadequate storage facilities, rodents, and insects, or inadequate facilities for conserving seasonal surplus.
4. Use foods of less than prime grade to better advantage.

The committee included in its report a list of suggested ways in which public eating places, institutions, hospitals, grocers, food distributors, both city and farm families and individuals, schools, colleges, and civic, professional, and other community groups can assist in the conservation of food.

The committee reported that it had arranged for the discontinuance of consignment selling of bread; that the Extension Service and the State Board of Health are

collaborating in a rodent-control program; and that the Extension Service is intensifying its program to increase production of grain, garden foods, milk, and meat. Further, four subcommittees—Public Food Service, Education, Publicity, and Food Production and Distribution—are active and their reports indicate carefully worked-out programs.

NEW YORK CITY.—"Save Food" menus for every day of the week are issued weekly for the Long Island Sunday Press by the Queens Nutrition Committee of the New York City Food and Nutrition Committee. These menus are designed to feed the average family as economically as possible without sacrificing food values and at the same time to save food that can be shipped abroad by concentrating on foods that cannot be shipped or which are not "short" overseas.

The New York City Food and Nutrition Committee is cooperating with the State Food Commission in its Emergency Food and Nutrition Program, according to information in Keeping Posted, the news letter issued by the committee. An important part of this program is the survey the State Food Commission conducted December 19-20 for the purpose of (1) determining how it can best serve the public in the present emergency, and (2) providing data from which plans can be formulated for a long-term nutrition program for the State.

The survey was particularly concerned with finding out the food habits of fourth- and tenth-grade school children, low-income expectant mothers, low-income families, veterans' families, housewives, and industrial groups. Only sample groups were studied, enough to represent a cross-section of the population and large enough to provide statistically significant results. Both urban and rural areas were included, with consideration for various economic levels. The Department of Nutrition of the Harvard School of Public Health in cooperation with the School of Nutrition of Cornell University and the State Health Department conducted the survey for the Commission.

RHODE ISLAND.—The Nutrition Council is using the Food Budget Guide established by the Providence Council of Social Agencies to plan man-sized meals complete with recipes. These menus, planned on the basis of food conservation, local market supply, and economy, have been running in the local newspaper since October

23 and will continue for an indefinite period. The Nutrition Council finds material from the Citizens Food Committee valuable, although not all the recipes can be used in Rhode Island, according to Mildred B. Barry, secretary of the Council.

The Council is a member of the Providence Food Committee which was set up before the Government program and is interested in price levels as well as food conservation.

The Nutrition Council is continuing its news letter on a quarterly basis and in that way keeps the population of Rhode Island aware of current nutrition information.

WEST VIRGINIA.—A proclamation by Governor Meadows and "kick-off" breakfasts in principal cities opened the Good Breakfast Program in West Virginia September 21-27. Plans for this project were described in the September NNL. The State Nutrition Committee is sponsoring this program in cooperation with educational, professional, and health groups and with civic and industrial organizations. Activities for at least a year are scheduled, President M. E. Ingoldsby reports.

Chairmen of community breakfasts included physicians, industrial leaders, and representatives from Junior Chambers of Commerce. Radio broadcasts, newspaper feature articles, and restaurant participation high lighted the week's activities. Unusual features at the various city breakfasts included a slogan contest, a fashion parade, and a display of trays with well-balanced breakfasts. Lions, Rotary, and Kiwanis Clubs devoted their meetings during the week to Better Breakfasts.

There was much careful advance preparation to insure the success of the program. Literature sent to individuals and organizations created interest and cooperation, as did talks and exhibits at various meetings. A "brunch," held a month before the opening of the program, gave chairmen of community breakfast committees an idea of how they could carry out the program in their own communities.

The State Nutrition Committee is cooperating with the National Food Conservation Program by preparing newspaper articles urging conservation of food and elimination of waste.

At the October 9 meeting of the committee Eloise Cofer was elected president.

NEW MATERIALS

PLATTERS FOR RADIO BROADCAST AVAILABLE FROM THE AMERICAN MEDICAL ASSOCIATION

The American Medical Association has prepared a series of 13 transcribed interviews entitled "Music With Your Meals." Intended for the layman, each platter records a 15-minute interview with an outstanding authority who gives everyday advice on healthful eating.

The series includes talks as follows:

Nutrition and Health—Dr. John B. Youmans of the Univ. of Ill.;

Foods We Eat—Dr. George R. Cowgill of Yale Univ.;

Shopping for Food—Dr. Russell M. Wilder of the AMA Council on Foods and Nutrition;

The Champion Breakfast—Dr. Harold R. Sandstead of the U. S. Pub. Health Serv.;

The Luncheon Problem—Dr. W. H. Sebrell of the U. S. Pub. Health Serv.;

The School Lunch—Dr. Dean F. Smiley of the AMA;

The Evening Meal—Dr. Richmond K. Anderson of Rockefeller Foundation;

Eating Between Meals—Dr. Philip C. Jeans of the Univ. of Iowa;

Psychology of Eating—Dr. Henry Poncher of the Univ. of Ill.;

Special Diets—Mrs. Dorothea Turner of the Univ. of Chicago Clinics;

Food Allergies—Dr. Samuel M. Feinberg of Northwestern Univ.;

Food Fads and Fallacies—Dr. James S. McLester of the AMA Council of Foods and Nutrition;

Food Poisoning—Dr. Walton Van Winkle of the AMA.

Platters are distributed by the Bureau of Health Education, Dr. W. W. Bauer, Director, 535 North Dearborn Street, Chicago 10, Ill., to local medical societies. Nutrition committees interested in having these platters broadcast in their area should get in touch with their local medical society. Before the broadcast, the committee might publicize the program and possibly use it as a basis for discussion in meetings.

"CURRENT RESEARCH IN THE SCIENCE OF NUTRITION" OFFERED TO NUTRITION WORKERS

The Nutrition Foundation is building up a mailing list for this monthly 4-page

leaflet, which was described in the August 1947 NNL. As you know, "Current Research in the Science of Nutrition" presents in nontechnical form the definite findings and accomplishments in nutrition research that are important to consumers. If you would like your name on the mailing list, write the Nutrition Foundation, Inc., Chrysler Building, New York 17, N. Y.

NEW FILM ON CORN-MEAL ENRICHMENT

The 16-mm. color and sound movie, "Making a Good Food Better," with a running time of 15 minutes, shows why and how corn meal and grits should be enriched, and demonstrates a special feeder design for small mills.

As mentioned in the August NNL, it was made under the supervision of specialists of the South Carolina Experiment Station and Clemson College Extension Service, and is available for loan from State agricultural extension services or State university libraries in the South. Address all requests for bookings to the film library in your State, giving date or dates on which film will be used.

BULLETINS (Samples not enclosed)

The Children's Bureau has revised two of its popular publications: "The Road to Good Nutrition," C. B. Pub. 270; and "Food for Young Children in Group Care," C. B. Pub. 285. Copies may be obtained without cost from the U. S. Children's Bureau, Federal Security Agency, Washington 25, D. C.

"Food Is Your Business" is the title of a folder recently issued by the American Red Cross. It is intended for homemakers and directed toward the elimination of waste of food in the home. Copies can be secured from your local Red Cross chapter.

Sincerely yours,



M. L. Wilson, Chief,
Nutrition Programs



W. H. Sebrell, Associate Chief
Nutrition Programs